

Volunteering for Veterans

Special Points of Interest:

- *Mental Health Summit*
- *Dress Code*
- *Smoke Free VA*

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WELCOME HOME

2019 Welcome Home and Mental Health Summit was held on Aug 16 in Washington University in St. Louis. It was a successful event with the support of our wonderful volunteers. Approximately 150 Veterans and community partners joined us at the event to learn about the programs and resources available for Veterans from not only the VA but also other agencies. Some additional benefits offered throughout the day were VA health care screenings, Whole Health Tai chi class and mental health educational sessions. We wrapped up the event with our traditional Welcome Home pinning ceremony to honor veterans from all eras for their military service. Special thanks to this event's lunch sponsors: St. Louis Assembly and Holy Spirit Fourth Degree Knights of Columbus and Crestwood Elks.



FISHER HOUSE ICE CREAM SOCIALS

Veterans, VA Staff and Volunteers enjoyed the Fisher House Annual Ice Cream Social. The JB Event was held Wednesday August 14th and the JC Event had been held on Thursday, July 11th. The purpose of the event is to provide information about the Fisher House to staff, Veterans and volunteers who utilize the VA St. Louis Health Care System. A short quiz was given to test knowledge about the

Fisher House and prizes were given to those who did well on it! Information about the efforts to build an addition house near John Cochran were also provided. Fisher House provides high quality temporary lodging, at no charge, to families of Veterans who are undergoing inpatient or extensive outpatient treatment with the VA St. Louis Health Care System. Fisher House offers a warm, compassion-

ate environment where families find support and encouragement from others in similar circumstances. It is considered to be a "home away from home" and provides a sense of comfort while a loved one is going through medical treatment. The Fisher House in St. Louis opened its doors in September 2010 and the staff and volunteers have been dedicated to serving Veterans with homelike hospitality.



WHAT'S YOUR WHY?

Michael Ford has utilized the services of our clothing department and our food voucher program for the past year.

"I've been coming in here to get clothing, meal vouchers (from time to time) and you all have been a great help."- Michael Ford.

We were happy to visit with Michael as he stepped in to simply say, Thank you! Michael explained to us that the help he received from Volunteer Services offered him hope to get back on his feet. Now employed as a inspector for Team Industrial; Michael is proud of his accomplishment. Michael is also going on 5 months of being sober. Congrats Michael we support you! Michael continued to thank the team for giving him a chance when others did not.



TRAINING CORNER: DRESS CODE

Did you know that there is a dress code for the medical center? MCM 00-08 addresses concerns regarding what employees and volunteer should and shouldn't wear while at the medical center. Here's what you need to know:

Volunteers are expected to wear clothing that is suitable for the health care environment and to present themselves in a manner that reflects positively on the medical center. Volunteers are expected to present a clean and neat appearance. Individual services may have policies more specific than the standards outlined below and may include the wearing of a

specific uniform that is considered generally accepted professional standard. All clothing must be clean, neat, and professional. It is never appropriate to wear stained, wrinkled, frayed, clothing with rips or holes or revealing clothing to the workplace.

- ◆ The length of all skirts cannot be more than 2 inches above the knee while standing.
- ◆ Dresses/blouses with low necklines displaying revealing cleavage, bare shoulders or bare backs are not appropriate.
- ◆ Garments shall not be sheer or see-through.
- ◆ No bare midriff garments will be allowed.

- ◆ Pants and slacks should not be body contouring or form/tight fitting. Pants must be worn at the natural waist line.
- ◆ Jogging suits, sweat suits, shorts, bib overalls, leggings and stirrup pants are not appropriate
- ◆ Casual shirt, golf/polo shirts, sweaters and turtlenecks are acceptable. T-shirts should be clean and wrinkle free with no offensive pictures/statements and free of personal view type statements.

For more information regarding dress code at the VA please ask your site supervisor!

VA ANIMAL REGULATIONS

Please remember only trained Service Dogs are permitted on VA property. They must be harnessed, leashed, or tethered and under the handler's control at all times. Service Dogs "in training" are not Service Dogs.

Pets, companions, emotional support dogs or other species of support animals are not permitted on VA property. Animals registered in VA's AT/AAA programs are permitted on VA property.

Service Dogs must be trained to eliminate

their waste outdoors. Handlers are responsible for any accidents and for removing waste.

Service Dogs are not permitted in operating/surgical rooms, acute in-patient care, or areas that would affect patient care, safety or infection control standards.

Service Dogs not house broken, aggressive toward people or other Service Dogs, engaging in running, excessive barking, jumping on people or furniture, etc., may be removed from the property.



The St. Louis VA Health Care System is pleased to announce that we will be going smoke free on October 1, 2019. In going smoke free, we join all other VA medical centers across the country to further our commitment to provide a safe and healthy environment for Patients, Visitors, Vendors, Volunteers, Contractors and Employees. The policy covers all smoking material including but not limited to:

- Cigarettes
- Cigars
- Pipes
- any other combustion of tobacco

non-Federal Drug Administration (FDA) approved electronic nicotine delivery systems (ENDS), including but not limited to electronic or e-cigarettes, vape pens, or e-cigars.

Beginning October 1, 2019:

- Smoking will no longer be permitted on *any* St. Louis VA Health Care System campuses for employees, patients, visitors, contractors, volunteers, and vendors. This includes CBOC's and all other St. Louis VA Health Care System leased properties.
- All smoking shelters will close.
- All smoking urns/ashtrays will be removed from all campuses and leased properties.
- No smoking in vehicles while it's parked on VA premises.
- Employees, Patients, Visitors, Vendors, Volunteers and Contractors are strongly encouraged to leave all smoking materials at home.

There are a variety of resources available for patients, employees and volunteers who would like to quit smoking.

Patients can call Health Promotion and Disease Prevention Services (HPDP) at 314-289-6503 to learn more about patient programming.

Employees and volunteers have free access to nicotine replacement therapy through Employee Health. Employees may also attend HPDP smoking cessation classes by scheduling with HPDP at 314-289-6503.

Additional guidance and opportunities to learn more about our exciting new policy will be announced in upcoming weeks.



VOLUNTEER OPPORTUNITIES

Assignments we need help filling, if you or someone you know is interested please contact us.

Both Divisions

Red Coat Ambassadors-greet and direct patients to appointments from lobby areas of the hospital.

My health e-Vet-assist Veterans with setting up and navigating their My Health E-Vet account.

VA Video Connect-help Veterans navigate and use VA Telehealth and Video Connect application on a computer, tablet or smart phone

In-Home Visitor Volunteer-needed in Florissant, MO

*Must have clear background check and requires additional training. Call Maura @ 314-894-6113

John Cochran

Office Assistant-help volunteer office staff with clerical duties, donations, clothing room and phones.

DAV Coordinator- Troy MO route

DAV Drivers-for a variety of routes please contact Joe Braun at 314-289-6443 Option 2 if interested

Jefferson Barracks

Hospitality Cart-Take snacks and coffee down to the main lobby at JB for Veterans and guests visiting for appointments

UPCOMING EVENTS

Veterans Town Hall 9/23/2019

5-7 p.m. info booths opening at 4 p.m.

Free Methodist Church, 14550 New Hall Ferry Road,
Florissant, MO 63033

Annual Volunteer Meeting 10/30/2019

8-Noon JB Auditorium, Building 24
Information, fellowship and free breakfast

Caregiver Fair 11/8/2019

10 a.m. JB Gym, Building 63

Sponsored by Caregiver Support Team

JC Veteran's Day Program 11/8/2019

Time and location TBA

Sponsored by VAVS

JB Veteran's Day Inpatient Luncheon 11/11

11 a.m. JB Gym, Building 63

Sponsored by VAVS

Tree Lighting Ceremonies 12/4/2019

10 a.m. JC Grand Entrance

1 p.m. JB Building 1 Lobby

Sponsored by VAVS

Inpatient Gift Shop

JB 12/17 Room 3E08

JC 12/18 Location TBA

Sponsored by VAVS

Inpatient Holiday Luncheon 12/20/2019

Noon JB Gym, Building 63

Sponsored by AT&T Pioneers

SEPTEMBER BIRTHDAYS

Jefferson Barracks

Agne, Ruth A
Audette, Katherine S
Barnes, Charles
Barry, Donald Joseph
Borawski, Ronald M
Colombo, Pete M
Cox, Evelyn E
Craig, Jacob Tucker
Davis, Ellen K
Dieteman, Philip
Dukes, Jeremiyah A
Ellis, Vincent B
Ercan-Fang, Deniz V
Evans, Rachelle A
Flieg, Riley Xavior
Gemmell, Amy E
Goldsborough, Paul S
Haar, Gloria J
Hellwege, Katelyn
Jungewaelter, Cheryl A
Kinsey, Colleen A
Klein, Robert A
Massey, Yvonne
McCart, Theodore W
McDonald, Michael
Myers, Charles Leslie
Parker, Bradley W
Quail, Christopher E
Reed, Deborah Hess
Schmitt, Matthew A
Schoon, John R
Still, Keith Brian
Tesreau, Kyle R
Trentman, Jaime C
Voss, James
Yedem, Supraneeth R

John Cochran

Arnold, Hadiya A
Bledsoe, Ola M
Carter, Larry
Coaston, Douglas
Gantner, Arthur A
Hogan, Phillip
Jackson, Lamont
Jung, Daniel
Lawrence-Morris, Ronda
Marble, Lecollier
McDonough, Thomas
Mcgaugh, Rosalie
Rendleman, Michael M
Rollins, Frederick
Small, Richard W
Thenhaus, Maureen E.
Vawter, Raymond
Ziadi, Zakariah Ahmed



Choose VA

Jefferson Barracks Division
1 Jefferson Dr. 135/JB
St. Louis, MO 63125
314-894-6530

John Cochran Division
915 N. Grand 138/JC
St. Louis, MO 63125
314-289-6393

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